

# DASA Events & Successes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
* Summer Drinking Awareness Kit Contact: National Council on Alcoholism and Drug Dependence www.ncadd.org/programs/awareness					* 4   Saying It Out Loud Conference, Shoreline Conference Center, Seattle. Contact: Ira Stallsworth, (206) 272-2190.	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	* 21-25 Substance Abuse Prevention Specialist Training of Trainers Central WA. Contact: Dixie Grunenfelder, 877-301-4557 or grunedd@dshs.wa.gov.				* 25-30   Research Society on Alcoholism, 27th Annual Meeting. Location: Vancouver, Canada. www.rsoa.org/meetings.htm	
27	28	29	30			
* 27 - July 1   3rd Annual DASA Treatment Institute, Seattle Pacific University, contact: DASA, 1-877-301-4557						

June  
2004

## Patty’s Story



My dream was to just quit doing drugs and get my life back. If I could only get my head out of my spoon long enough to do anything. I could not. As my addiction became bigger, my dreams became smaller and smaller.

My drug of choice, after trying them all, became heroin. I was in love with heroin; I traded everything of importance and/or value to be with my darling. My values were the first to slip away.

My life turned into heroin, treatment centers and jail. A judge would order jail or treatment. I knew I could get good time and work time in jail; so my choice became jail. I could return to my affair with heroin sooner.

One night I cried out from my foxhole of addiction, “please help me - I can’t stop, I am dying!” Two days later, my prayer was answered. I went to jail.

As my physical strength returned, so did my mental strength.

The light at the end of that long dark tunnel began to have the look of light, love, hope, and dreams, instead of the train of death.

It took me 10 months to detox to the point of feeling well enough to get a job. After completing treatment I went to meetings and did volunteer work. I found a mentor, a sponsor, and clean, safe, affordable housing.

Today I live a wonderful life in recovery. I am the Community Coordinator for Asian/Pacific American Consortium on Substance Abuse in Clark County. I am the person with “life experience” and I bring that as one of my assets. My experience, strength and hope can and will benefit others and prove that RECOVERY IS POSSIBLE!

– Patty Katz

## Opiate Substitution Treatment (Methadone)



“Methadone treatment has made a wonderful change in my life, and my boyfriend’s life. I was in recovery for over four years when I relapsed. I spent 18 months depleting my bank account, losing a good-paying job, and trying to kick my addiction so many times I lost count. After my second time going through detox and completing treatment, I brought my boyfriend to the methadone clinic and I followed him in. We have both been on methadone since January 2003, and our lives have turned around. We can work full days and without worrying about whether we have enough dope to make it through the day and night. I am finally able to look forward to my life and the possibilities that I can make of it.”

– Cris Erikson

## Facts about methadone treatment:

- ❑ “Prenatal Methadone treatment is associated with better prenatal care and lifestyle, and improved nurturance and family environmental conditions, which are important predictors of a child’s neurodevelopmental outcome. “  
– Rosen & Johnson, *Developmental Brain Dysfunction*, November/December 1993
- ❑ “Methadone therapy is one of the longest-established, most thoroughly evaluated forms of drug treatment.”  
– White House Office of National Drug Control Policy, 2000
- ❑ “Methadone treatment significantly lowers opiate drug use, reduces illness and death from drug use, reduces crime, and enhances social productivity.”  
– Consensus Panel, *National Institutes of Health*, 1997
- ❑ Hospital admissions in Washington are significantly higher for opiate substitution treatment clients when they are not in treatment.  
– Longhi & He, 2002